

One Pan Spaghetti

Rating: ★★★★★

Makes: 10 servings

Ingredients

1 pound ground beef (lean)
1 onion (medium, chopped)
3 1/2 cups water
1 can tomato sauce (15 ounces)
2 teaspoons dried oregano
1/2 teaspoon sugar
1/2 teaspoon garlic powder
1/2 teaspoon rosemary
1/4 teaspoon pepper
2 cups spaghetti noodles (broken)
1 cup Parmesan cheese (shredded)

Directions

1. Brown meat and onions in a large skillet over medium-high heat (300 degrees in an electric skillet). Drain fat.
2. Stir in water, tomato sauce, and spices; bring to a boil.
3. Add spaghetti, cover pan, and simmer 10-15 minutes, stirring often to prevent sticking.
4. When spaghetti is tender, top with grated cheese.
5. Refrigerate leftovers with in 2-3 hours.

Notes

For 2 cups of broken spaghetti noodles, use about 1/3 of a one pound box.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	220	
Total Fat	5 g	8%
Protein	13 g	
Carbohydrates	29 g	10%
Dietary Fiber	2 g	8%
Saturated Fat	2.5 g	13%
Sodium	360 mg	15%